



Stretch It Out

Aim

To introduce students to a mindful stretching exercise.

Facilitator Resources

Space for students to move around, Facilitator Script or video link below.



Stretch it Out - <http://youtu.be/3kAGVHLXGAo>

Student Resources

Journal

Activity

- Students can sit at their desks or tables, or they can create a sitting circle on the floor.
- The Facilitator reads the script, (or plays the video clip) while students follow the instructions.

Facilitator Script

- Today we're going to try some mindful stretching.
- We're going to use this as an opportunity to feel some feelings in our body. There isn't only one right way to do mindfulness stretching, so just listening to your body and stretch in a way that is comfortable to you as you listen to my suggestions.
- Today's stretching can be done from a standing or sitting position.
- If you are standing, come down to the floor in a comfortable position, maybe by crossing your legs... and if you are in a chair, I invite you to also make sure you are sitting upright
- comfortably...
- If you feel comfortable to do so, close your eyes, or lower your gaze to the floor in front of you... take a big breath in... and out... and in... and out... and in... and out... Now start by gently rolling your shoulders back...
- Stretch upwards... and down... do this a few times... up and down... and up... and down...